

HOME INTERESTS

Ways and Means in War Time

"YOU cannot put a uniform on a man and make a soldier of him," said a man, recently. "After he goes to camp he must go through many months of careful training before he is really in condition to serve his government effectively."

It was the first part of his statement that set me thinking. It is true that a uniform does not make a soldier in any of the various branches of service, nor does lack of one prevent any one from being a fighter, for the soldier is not the only one called to the firing line in this war for democracy. Every one of us, men, women and children, has a part to do in this great work.

Intelligent Service.

The women of the United States are doing a tremendous amount of work already, but this is just the beginning of what they may be called upon to do. Many women who have never before gone into their kitchens to cook a meal, are giving their households, culinary departments included, their direct supervision.

Some have learned in their own kitchens and other home centres and others have delegated these things to hired help. It behooves those who have not had training to fit them for food conservation in the home to get that training in the quickest and best way.

This city offers many opportunities for study of such problems as confront the housewife. If you do not know how to reach the heads of the proper departments, if you will write to Washington or to the New York city authorities they will gladly put you in touch with the means of acquiring information.

Meatless and wheatless days are now the fashion, but they will not prove at all popular or possible unless the women who undertake to carry out the programme of the government set themselves to work to make them worth while as aids to food conservation.

In the South there are many delectable dishes in which corn is used either as "grits" or meal. They use meal for frying fish and oysters and grits takes the place of wheat as a breakfast dish in many homes. But these foods are most unpalatable unless properly cooked.

The woman who sets herself to save food should do so intelligently. She should see when she uses a substitute that it is served in the most palatable way and that the very most is made of its possibilities.

If she attempts to make sweet potato pie or to bake potatoes in the pan, with butter, sugar and spices, she should know just how to make her pie and just how to season and to bake her other dish.

If she cooks rice to go with meat and gravy, she should learn the secrets that the good old time cooks have handed down from generation to generation. Her rice waffles must be just right, her corn bread properly made and cooked, if they are to be nourishing, to say nothing of being palatable.

The only way to achieve results with meatless and wheatless days is to make a study of the question. If the housewives are to make any real contribution of effective help they must study and practise culinary efficiency.

One of the great benefits which will come out of this war (and there will be many) will be that it will teach the women of this country a frugality that they have never before known.

It has been said that a French family could live on the food that is recklessly thrown away by an American family. In a certain sense this is true. For many years France, fighting for freedom, has faced great economic problems, and the French women have learned not to waste.

Wise Frugality.

The days have passed when it is considered the correct thing for the table to groan under its load of food. There are many reasons for this.

One of these is that women each year are drawn closer into a certain bond of sisterhood, and those of wealth have learned too much of the problems that confront their sisters to show the reckless waste that once prevailed. Now it is not a question of the individual method of the family, but it is the demand of a nation—a world, one might almost say—that food not only shall not be recklessly wasted but that every ounce shall be used in the most effective way.

Whatever uniform you have been chosen to wear, whether of the outward appearance or the physical aspect (if not actually, at least in imagination), in this war of wars, see that you wear it worthily.

'Maid of the Mountains' Ruling Bulgaria?



Here is Princess Eudoxia, known in Sofia as the "Maid of the Mountains," who is reported to be ruling the Balkan kingdom. The rumor is current among the rank and file of the Bulgarian army that King Ferdinand is dead. Princess Eudoxia is nineteen years old.

Be Fair to the Child

One of the cruelest injustices to children is getting impatient or cross with them, not because of any real waywardness on their part, but because for some reason or other we ourselves are downhearted or out of sorts.

If honest statistics were taken, it would be found that a simply incredible proportion of the scoldings, punishments and impatient remarks meted out to children by their parents or other grown-ups in charge of them rise not from naughtiness of the children, but from the disgruntled mood of the grown person.

One mother frankly confessed that she herself had often been guilty of the cruelty she so deplores.

THE MOTHER'S PART.

"It was a remark made by one of my little boys that woke me up. When I kissed him goodby a certain morning before starting forth down town to do some shopping, he begged me not to stop too much. I asked him why. He said—

"'Cause you get so tired when you go into many shops, and when you are tired you always think we are bad. 'Tisn't fair.'"

"'Tisn't fair! That little sentence hit me hard. I realized my injustice to the children. My little boy's reprimand was absolutely justifiable.

"I reviewed my attitude toward my little ones and I found that all too often my irritation or actual severity toward them was induced by my own mood.

"With my boy's 'Tisn't fair,' ringing in my ears I cut shorter my list of errands. Keeping myself from over fatigue became a matter of paramount importance. Their happy faces when I returned without the usual weary, nerves-on-edge mood that was invariably mine after a shopping expedition smote my conscience.

"It was easy and pleasant to be kind and fair to them.

"I resolved that in every possible way that I could manage it I would order my life so as to keep from getting tired. This meant a great deal of readjustment. It meant a vastly improved system in housekeeping in general. It meant a great deal of cutting down of unnecessary activities.

"I was simply amazed at the quick results that came with the new order. I had much more control over the kiddies and I was much happier with them and they were with me.

"With all my planning there still came times when I felt fatigue keenly. No mother and housekeeper can escape such times however much she may lessen them through wise management of things and of herself. But when such a period would come I would fight against letting my weariness color my dealings with my children.

"This fight can be carried through with flying colors if a mother be determined upon winning out. And how can she fail in the determination, once she has realized the cruelty of letting her own feelings warp her judgment toward her children?

"However tired the judge in court may be he must keep his head clear to give fair judgment.

"Why should a mother find it child-naughty because she is too tired to in-

quire into its motives, or so tired that the child irritates her just by its innocent importunities and activities, or so tired that she creates a distracted atmosphere that makes the child nervous and fretful? Blue, depressed days will come to us all. We cannot escape them, but out children can escape the influence of them if we determine upon this.

HAPPY INVESTMENT.

Children should be taught to respect a mother's privacy, to treat her with consideration if she tells them she is tired or does not feel well. But never should a child feel that its mother's attitude toward it changes with her moods. Always should it feel fairness in her judgments, her reproaches.

Invest in happiness for yourselves, mothers, by fair dealing with your children. Children are not really naughty till you think they are.

Preserve a fair attitude toward your children day in and day out at any cost of effort and sacrifice and see if they are not for the most time as good as you could wish them to be.



After the Big News.

There's no more grousing in the street, the details come and go, and even kitchen ranging doesn't raise a howl of woe; Top Sergeant Adams finds no weeps at reveille to stem, and he sees a line of troopers full of steam at 6 A. M.;

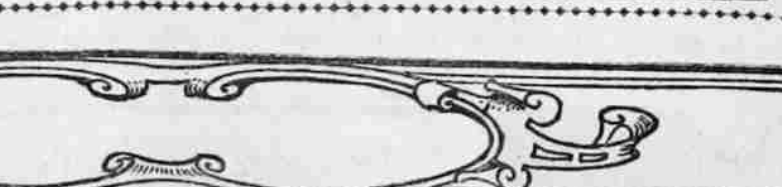
And "Two Gun" Dimond, who was ill, is up and out for bear—(The boys are on the line in France; they're in it 'over there').

O'Shea is shoeing horses as he never shod before, And Sergeant Ryan sports a grin that's like to stretch his jaw; Gilhooly's shined his rifle up till you can't find a stain, And Finnerty rides out to guard a smiling in the rain.

The bunch whose favorite hue is green are holding holiday—(A red head Irish gunner turned the first shot loose, they say). Though autumn nights are Arctic-like in Alabam's pine groves, Nobody gives a good hurrah if ice forms on the stoves; The spirits of the khaki crowd are on the upward climb, And everything around the place is going double time.

Fatigue and drill, patrol and post, we hit 'em with a song—(The boys are hammering the Huns; our turn'll be along).

STEUART M. EMERY.
Company A, 104th Military Police, Camp McClellan, Ala.



WORTH KNOWING.

To clean brass that has been exposed to the weather, make a paste of salt and common vinegar; rub the brass with the mixture and leave for ten minutes. Then clean in the usual way.

Even when there is cream in the coffee, the stains can be removed from the most delicate silk or woolen fabric by brushing the spots with pure glycerine and rinsing in lukewarm water.

Never close up a finger with court plaster. It involves the possibility of pus and long inflammation. Wash the cut with warm water, and turpentine should be applied. Then bandage with linen cloth.

When preserving sprinkle some talcum powder on the spots with pure glycerine and rinsing in lukewarm water.

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COOKING KINKS.

Now that flour is so high, dry leftover bread, with brown crust taken off, in a slow oven. Roll it out fine with rolling pin and use it with flour for making pies, cakes and biscuits. It's fine. The brown crusts you take off you can use for a pudding.

Add a teaspoonful of ice water to the white of an egg before beating for frosting pie. It makes twice as much.

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EXTENDING THE FLAVOR OF MEAT.

Stew with Dumplings—Make stew from small pieces of meat and vegetables, cooking it on stove or in fireless cooker. Serve with dumplings made as follows:—For a stew using one pound of meat mix a little more than one-third cupful flour with one teaspoonful of baking powder and a pinch of salt, work in a rounding teaspoonful of butter and mix with enough milk to form a medium stiff dough. Cut into small pieces and cook in a buttered steamer over a kettle of boiling water, or remove enough gravy from the stew to expose the meat and vegetables and place the pieces of dough on these solid materials to cook.

Meat Pie—Meat pies are made most satisfactorily by first cooking the meat and vegetables as for a stew. Line a pan, earthenware dish or casserole with biscuit dough rolled fairly thin, put in the meat, vegetables and gravy, cover with dough and bake in a hot oven.

Meat Turnover—Place any chopped cooked meat available on circles of biscuit dough about the size of a saucer. Fold the dough over the meat, crimp the edges and bake in a hot oven. Vegetables may be combined with the meat filling as desired and the whole may be served with gravy.

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THE COLD PLUNGE.

If you have been taking cold plunges or showers all summer, don't stop them now because it is getting fallish and cold. Keep yourself hard, and nothing will help you more than the cold water bath the year around.

But when the very cold weather comes and the water is fairly icy, unless you are a Finn or an Indian, it was almost death for you to try the cold bath.

The way to get around this is to draw the water in the tub the night before. Over night it has a chance to lose the chill and for your white skin and none too red blood makes the bath invigorating and healthy, whereas the icy water would have just the opposite effect.

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